

AQUATICS



**American
Red Cross**

SWIM LEVEL DESCRIPTIONS

PARENT AND TOT AQUATICS - AGES 6 MONTHS TO 4 YEARS

LEVEL 1 - AGES 6 MONTHS TO 2 YEARS

Provides experiences and activities for children to...

- Learn to ask for permission before entering the water
- Learn how to enter and exit the water in a safe manner
- Feel comfortable in the water
- Explore submerging to the mouth, nose, eyes and completely
- Explore buoyancy on the front and back position
- Change body position in the water
- Learn how to play safely
- Experience wearing a US Coast Guard approved life jacket

LEVEL 2 - AGES 2 TO 4

Builds upon the skills learned in Level 1 and provides experiences and activities for children to...

- Establish expectations for adult supervision
- Learn more ways to enter and exit the water in a safe manner
- Explore submerging in a rhythmic pattern
- Glide on the front and back with assistance
- Perform combined stroke on front and back with assistance
- Change body position in the water
- Experience wearing US Coast Guard approved life jacket

PRESCHOOL AQUATICS - AGES 4 YEARS AND UP

LEVEL 1

Orients children to the aquatic environment and helps them gain basic aquatic skills.

- Enter and exit water using ladder, steps or side
- Blow bubbles through mouth and nose
- Submerge mouth, nose and eyes
- Open eyes under water and retrieve submerged objects
- Front and back glides recovering to a vertical position
- Back float
- Roll from front to back and back to front
- Tread with arm and hand actions
- Alternating and simultaneous leg actions on front and back
- Alternating and simultaneous arm actions on front and back
- Combined arm and leg actions on front and back

LEVEL 2

Helps children gain greater independence in their skills and develop more comfort in and around water.

- Enter water by stepping in
- Exit water using ladder, steps or side
- Bobbing
- Open eyes under water and retrieve submerged objects
- Front and back floats and glides
- Recover from a front or back float or glide to a vertical position
- Roll from front to back and back to front
- Tread water using arm and leg actions
- Combined arm and leg actions on front and back
- Finning arm action on back

LEVEL 3

Helps children start to gain basic swimming propulsive skills to be comfortable in and around water.

- Enter water by jumping in
- Fully submerge and hold breath
- Bobbing
- Rotary breathing
- Front jellyfish and tuck floats
- Recover from a front or back float or glide to a vertical position
- Back float and glide
- Change direction of travel while swimming on front to back
- Tread water using arm and leg actions
- Finning arm action on back
- Combined arm and leg actions on front and back

YOUTH LEARN TO SWIM - SEE INDIVIDUAL LEVEL BELOW FOR AGE REQUIREMENT

LEVEL 1 - INTRODUCTION TO WATER SKILLS (AGES 5.5+)

Helps participants feel comfortable in the water.

- Enter and exit water using ladder, steps or side
- Blow bubbles through mouth and nose
- Bobbing
- Open eyes under water and retrieve submerged objects
- Front and back glides and floats
- Recover to vertical position
- Roll from front to back and back to front
- Tread water using arm and hand actions
- Alternating and simultaneous leg actions on front and back
- Alternating and simultaneous arm actions on front and back
- Combined arm and leg actions on front and back

LEVEL 2 - FUNDAMENTAL AQUATIC SKILLS (AGES 6+)

Gives participants success with fundamental skills.

- Enter water by stepping or jumping from the side
- Fully submerge and hold breath
- Bobbing
- Open eyes under water and retrieve submerged objects
- Rotary breathing
- Front, jellyfish and tuck floats
- Front and back glides and floats
- Recover to vertical position
- Roll from front to back and back to front
- Change direction of travel while swimming on front or back
- Tread water using arm and leg actions
- Combined arm and leg actions on front and back
- Finning arm action on back

LEVEL 3 - STROKE DEVELOPMENT (AGES 6+)

Builds on the skills in Level 2 through additional guided practice in deeper water.

- Enter water by jumping from the side
- Headfirst entries from the side in sitting and kneeling positions
- Bobbing while moving toward safety
- Rotary breathing
- Survival float
- Back float
- Change from vertical to horizontal position on front and back
- Push off in streamlined position on front, then begin kicking
- Tread water
- Flutter, scissor, dolphin and breaststroke kicks on front
- Front crawl and elementary backstroke

LEVEL 4 - STROKE IMPROVEMENT (AGES 6+)

Develops confidence in the skills learned and improves other aquatic skills.

- Headfirst entries from the side in compact and stride positions
- Swim underwater
- Feet first surface dive
- Survival swimming
- Front crawl and backstroke open turns
- Tread water using 2 different kicks
- Front and back crawl, elementary backstroke, breaststroke, sidestroke and butterfly
- Flutter and dolphin kicks on back
- Push off in streamlined position on back, then begin kicking

LEVEL 5 - STROKE REFINEMENT (AGES 6+)

Provides further coordination and refinement of strokes.

- Shallow-angle dive from the side into deep water
- Tuck and pike surface dives, submerge completely
- Front flip turn and backstroke flip turn while swimming
- Front and back crawl, elementary backstroke, breaststroke, sidestroke and butterfly
- Sculling
- Tread water with and without arms

